THE BI-MONTHLY

Newsletter of the Bisexual Center

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Letter to the Editor

I come from a medium-sized Southern city where the chances of meeting other bisexuals are slim. I don't like the franticness I see in the people at the bars, where looking for someone too often means a desire for a single quickie, without either much knowledge of the partner nor considerations of responsibility and health precautions. And it certainly isn't a good idea to ask a stranger you run into in a public setting like a restaurant if you had seen them before at the local gay bar!

It will be nice in years to come when people can feel free to identify themselves openly as whoever they are. There would be more actively bisexual persons and more happy, satisfied people in healthier and more open relationships. There is nothing better than being true to who one is and being free to function fully as that person.

I know this personally, as I've been lucky enough to experience a good relationship with my bisexual husband of 14 years and a sexual friendship with another bisexual couple for the last year and a half. This, for me, comes after a twenty year struggle with myself over these feelings. I'm glad to have found our friends. I feel fortunate also that my husband is bisexual. He has been supportive of my feelings ever since I had the courage to "come out" to him on our 10th wedding anniversary. Before that, my strong feelings had only resulted in vague, undefined marital tensions that were caused by my fear of possibly losing my marriage by expressing these "unpopular" feelings. Since I faced the issue head-on, all of my life has continuously improved.

I am writing in the hope that my sharing of my experiences may help some other people. I know that taking the bull by the horns and learning to ride bareback (so to speak)--instead of letting the bull run me down--has made all the difference in my life. And I am quite thankful for the people I've known over the years who were able to accept me on my own terms rather than pressuring me to conform to society's artificial rules of how I should feel or act when it comes to my sexuality.

-- A.D.

P.S. I would like to offer my suggestions for what I'd like to see in The Bi-Monthly:

1.) Guidelines for healthy relationships. I'd both like to hear what the "experts" say and also hear personal stories or descriptions of how people make their relationships work for them. I often hear critics of bisexual lifestyles say that they've never heard of such relationships working out or being happy--or even existing! We can support each other through The Bi-Monthly by showing ourselves relationships that exist and work. The challenges to be overcome are real, but so, too, are the rewards.

2.)Personal stories about coming to terms with bisexuality. I'd like to hear personal stories of "how I learned to live happily with myself despite society's negative views," or "what I learned through confronting this part of myself and accepting myself as I am, even though society discouraged me." I am reminded of a quote I've heard: "Go back there and give them hope and courage."

Research

Are you between the ages of 18 and 28, and do you have a bi, lesbian, or gay parent? (Or do you know someone who fits this description?) Well, Jay Paul would like to talk to you about participating in his doctoral dissertation research. He is interested in how the children of non-heterosexual parents look at families, parenting, marriage, friendships, and sexuality. His interest is in how people view the range of possible options they have in relationships. Participation involves one meeting for an interview and a brief questionnaire, taking 1 1/2 to 2 hours. (Those outside the Bay Area may fill out the interview schedule as a questionnaire and return to Jay Paul.) If interested, contact him at (415)848-0313 (or leave a message at 841-6500) or write him at 1907 Haste St., #3D, Berkeley, CA. 94704.

"DEAR MAGGI AND DAVID..."

We, Maggi Rubenstein and David Lourea, are starting a column to give information in a sex-positive way about being sexual in this age of AIDS. Your questions and comments are welcomed. As you may know, we have both been working in the gay, lesbian and bisexual communities, educating people about eroticizing safe sex. As bisexual people, we feel that we can continue to enjoy our sexuality in new and creative ways. We are also in a position to serve as information resources for all sexual people.

If enough people show an interest, we would like to offer a group to discuss issues of sexuality and health in this time of AIDS. Contact us through the Bi Center phone or P.O.Box if you're interested.

DO YOU KNOW THE SAFE-SEX GUIDELINES?

Although safe-sex guidelines have yet to be defined for heterosexual sex, the basic principle of avoiding exchange of bodily fluids, which determined the existing guidelines (from BAPHR, June 1984), can help people make choices until more is known. The BAPHR guidelines are listed here:

Safe Sex Practices: Massage, Hugging, Mutual Masturbation, Social Kissing (Dry), Body-to-Body Rubbing (Frottage)

Possibly Safe Sex Practices: French Kissing (Wet), Anal Intercourse with Condom, Sucking--Stop Before Climax, Watersports--External Only. (Risk increases with multiple partners).

Unsafe Sex Practices: Rimming, Fisting, Blood Contact, Sharing Toys, Semen or Urine in Mouth, Anal Intercourse without Condom.

AIDS and wellness

AIDS RESOURCES

The major groups that provide support services for people with AIDS and their loved ones, as well as information to the general public are listed below. Contact them for futher information or to volunteer your services.

SHANTI PROJECT (809 Hayes St., S.F. 94117, 558-9644). Shanti provides free counseling, emotional support, and practical support for people with AIDS and those they love. Shanti can use volunteers for counseling and contributions for fundraising (either cash donations, or furniture, appliances, etc. to be sold in their thrift shop).

THE AIDS FOUNDATION (54 10th St., S.F. 94103, 863-AIDS or 800-FOR-AIDS): The Foundation provides direct services to people with AIDS and information to the general public. The free hotline offers up-to-date medical information, doctor referrals, safe sex education, and referrals to community services. A food bank (they accept canned food) and a social services department for emergency housing for people with AIDS are available.

SAN FRANCISCO AIDS FUND (1547 California St., S.F. 94109, 441-6407): Raises money for people with AIDS who need emergency financial assistance. This group receives no government assistance and is staffed entirely by volunteers. Cash donations are always needed and volunteers can assist with mailers and work at fund-raising events.

PACIFIC CENTER--EAST BAY AIDS PROJECT (Box 908, Berkeley 94701, 548-8283): This project operates as a combination of the S.F. AIDS Foundation and the Shanti Project. It provides emotional counseling, practical support, social service assistance, client advocacy, and education. The project just started limited work in Contra Costa county, to provide workshops, information, and emotional counseling. Cash donations are accepted, as well as canned goods, clothing, and furniture. Volunteers are needed for emotional counseling and practical support services.

EVENTS

BI POTLUCK AND MOVIE NIGHT

Phil Bradley will be hosting a potluck at his home on Friday, January 11th. After dinner, everyone will depart to the movie theatre. Join us at 779 Frederick St. (off Arguello near Kezar stadium) in San Francisco. Bring your favorite potluck dish and your choice for a film at 6:30 p.m. A two dollar donation for the Center will be requested. For more information, call Phil at 681-7563.

GAMES NIGHT!

Judy will be hosting another games night at 1267 Page St. #F, San Francisco, on Friday, January 25th. Bring cards, your favorite games, munchies, and drinks for an evening of friendly competition and socializing. We'll be starting at 7 p.m. A $2 donation will be requested. For more information, call Tom or Phil at 681-7563.

ORR HOT SPRINGS OUTING CANCELLED

The Orr Hot Springs outing that was scheduled for January 18th, has been cancelled. Not enough people contacted Tom or Phil to indicated that they were interested. We assume that this only means a postponement, and hope to reschedule in March. If you have any interest in going then, at least commit yourself 20 cents worth and phone Phil or Tom (681-7563) so they can start planning a new date!

BI POL AT THE CABLE CAR AWARDS!!

Join Bi Pol on Saturday, February 2nd. when they accept the Cable Car Award for "The Most Outrageous Marching Contingent" at the 1984 Lesbian/Gay Freedom Day Parade. A limited number of seats are available at Bi Pol's table ($20 per person for the hosted banquet and ceremonies of the Cable Car Awards), and can be purchased from Alan Rockway. Call Bi Pol at 928-4194. Less expensive tickets to the evening's ceremony are also availabe, although these seats are up in the balcony.

VALENTINE'S DAY PARTY

We claimed Valentine's Day years ago as our special holiday. It remains a special day full of tender smiles, gentle flirtations, and erotic fantasies. Join us for our 9th. annual Bi Center Valentine's Day party and dance on Saturday, February 16th., 8:30 p.m. at the Metropolitan Community Church (150 Eureka, San Francisco). It's sure to be a great evening, so be sure to send that special person (or those special people!) a Valentine and an invitation. Please bring munchies to go with our punch! A $6 donation from members and $8 from nonmembers will be requested.

NEW BEGINNINGS FOR ALL: A PRESIDENT'S MESSAGE

Four years ago I started to question my sexuality seriously in a way that has affected the direction of my whole life. Coming to The Bisexual Center and talking to the various people I met there gave me the knowledge and support I needed to effectively deal with my bisexuality. As the new President of the Center, I would like to share the joys and sorrows of my bisexual experience with others, and insure that such a forum exists for others. In this age of AIDS, the need for our community to rally in support of one another is imperative. I would like to reach out to all bisexual people in affirmation of our community's existence, vitality, and growth. Please feel free to contact me with any ideas or help that you have for the Bi Center. I look forward to serving you and our community.

---Autumn Courtney

groups

MARRIED BI WOMEN'S GROUP

A group of married bisexual women have been meeting regularly since early spring of this year (generally about once a month). Meetings are held in women's homes both in San Francisco and the East Bay on a rotating basis. If you are interested in this support group, contact Juliet at 566-7567 for more information.

STANFORD BISEXUAL GROUP

A bisexual discussion group has formed at Stanford. It meets Thursday evenings at 8 p.m. in The Women's Center. All with open minds are welcome. For more information, call GLAS (Gay/Lesbian Alliance at Stanford) at 497-1488, or Brad at 969-1757.

SOUTHERN CAL BI WOMEN'S GROUP

Laurie Warner is organizing a support group for bisexual women in the Los Angeles/Santa Barbara area. If possible, locations of group meetings will be rotated to make the group accessible to more women. If you would either like to participate in such a group, or would simply care to talk to another bisexual woman, Laurie can be contacted c/o Both Ways, P.O. Box 1271, Ventura, CA. 93002.

S.F. BISEXUAL WOMEN'S NETWORK

We are organizing a new organization for bisexual women in the San Francisco Bay Area. Call Arlene at 928-3723 for more information.

PACIFIC CENTER RAP GROUPS

A group for bisexual men and women is held every Sunday night from 7 to 9 p.m. at the Pacific Center (2712 Telegraph Ave. in Berkeley.) Participants routinely go out for coffee afterward. For more information call Nate Brown at 235-7179, or call 482-2819 and ask for Don Honor. A bi women's group also meets regularly on Wednesday nights at the Pacific Center. Call the Center at 841-5224 for details.

The third Monday of every month, a Bisexual Outreach meeting is held at the Pacific Center at 6 p.m. to plan bisexual programming. All are welcome.

committees

SPEAKERS' BUREAU/OUTREACH COMMITTEE

The next meeting of the Outreach Committee will be Sunday, February 10th. at 7 p.m. Anyone interested in helping with outreach or the Speakers' Bureau is welcome to attend. For more information call Judy at 621-5566.

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The Outreach Committee is looking for people who are available for public speaking on bisexuality. We would like to hear from those who have had experience speaking on this topic and would like the chance to speak again. People interested who have had no prior speaking experience are also welcome. Please call Judy at 621-5566.

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SOCIAL COMMITTEE

Arranging and hosting social events is fun! If you an idea for an event you'd like to see the Center have or if you can help with a specific event, contact Tom at 681-7563.

RAP GROUP COMMITTEE

If you are interested in planning the future of rap groups under the aegis of the Bi Center contact Chris at 647-0499.

NEWSLETTER COMMITTEE

If you'd like to help the The Bi-Monthly by contributing articles, letters, or other material for specific issues or could assist with typing, layout, etc., please contact Jay at 848-0313, or leave a message for him at 841-6500, Box 526.

LYNDIE KAHANEK

Graphic Design and Publication Production

(415) 994-9327

SPECIAL THANKS...

To our members who have responded to our requests for support with financial contributions, membership renewals, letters of support, help on our committees, and contributions to the newsletter, THANK YOU! We depend on your continued support and the backing of our other members to keep going.

...AND AN APOLOGY

To those who have tried to reach the Bi Center phone number (431-4431) in recent months without success, we apologize. Our answering machine recently died on us, but we expect to have a new machine in operation soon. So keep trying us! And if that phone connection is important to you, see if you can help us pay for the new machine!

BOARD MEETINGS

The next two meetings of the Bi Center Board of Directors will be Monday, January 14th, and Monday, February 11th at 7:30 in the evening. January we'll meet at Steven Brown's; February's meeting will be at Autumn Courtney's. All members are welcome.

TRANSITIONS

With this issue, we note two major transitions for people at the Bi Center. David Lourea, who has served for so long as President, will now be Director Emeritus. We are proud to announce that Autumn Courtney will be our new President.

BI POL IN ACTION

Bi Pol (an independent bisexual, lesbian, and gay political action group) continues to grow and reach out into the bisexual/lesbian/gay communities. We have spoken out against the bi-/homophobia that has swept the city in conjunction with closing of the baths. On another front, we continue to confront gay leaders on thier lack of bi sensitivity. We welcome everyone to our meetings, held the 3rd Friday of each month (1/18 and 2/15 coming up), 7 p.m., at Valencia Rose, 766 Valencia St., S.F. For more information, call 928-4194 or write Bi Pol, P.O. Box 26227, San Francisco, CA. 94126.

Maggi

MARGUERITE RUBENSTEIN, Ph.D., A.C.S.
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ADVERTISEMENTS

Advertising space in The Bi-Monthly is now available to members at $1.00 per 42-letter line, or $5.00 per business card. Sorry, no "personals"—but you can advertise if trying to form a bi group for a particular interest or activity.

BISEXUAL CENTER T-SHIRTS--BY MAIL!

Order yours now! Just $12 each, including postage and handling. These shirts are red, have our logo and name on the front, and say "Love spans the spectrum" on the back. Available in Small, Medium, Large, and Extra Large sizes. Just send in form below:

Please send me ___ Bi Center T-shirts in the following size(s): _____

Enclosed is my payment of $12 per shirt, paid in:

[ ] CASH [ ] MONEY ORDER [ ] CHECK

(Please make out checks to "The Bisexual Center".)

MAILING ADDRESS:

Name: _____

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THE BISEXUAL CENTER

P.O. BOX 421924
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Cover illustration by Jim Barnes

membership

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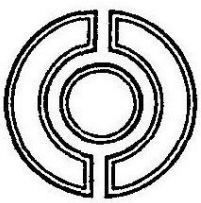

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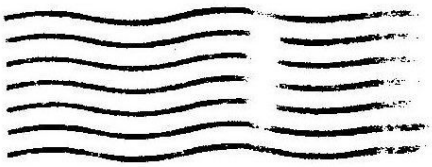

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94305

MEMBERSHIP HAS EXPIRED
FINAL NOTICE

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